

2BeefStew15

Number of Servings: 15 (254.08 g per serving)

Amount	Measure	Ingredient
3.00	lb	Beef, stew meat, lean, ckd
4.00	cup	Water, municipal
1 3/4	tsp	Salt, table, iodized
3/8	tsp	Spice, bay, leaves, ground
1 3/4	tsp	Base, beef, rstd, low sod, 0344, FS
3/8	tsp	Spice, pepper, black
3 1/2	Tbs	Sauce, worcestershire, low sod
3 1/2	cup	Potatoes, peeled, ckd, diced
3 1/2	cup	Carrots, fzn, slices
15.00	Tbs	Onion, white, fresh, chpd
15.00	Tbs	Celery, fresh, diced
15.00	Tbs	Flour, all purpose, white, bleached, enrich
1.00	cup	Water, municipal
12.00	oz	Peas, green, fzn

Nutrients per serving

Nutrition Facts			
Serving Size 1 c (254g)			
Servings Per Container			
Amount Per Serving			
Calories 230		Calories from Fat 60	
			% Daily Value*
Total Fat 7g			11%
Saturated Fat 2.5g			13%
Trans Fat 0g			
Cholesterol 55mg			18%
Sodium 410mg			17%
Total Carbohydrate 21g			7%
Dietary Fiber 3g			12%
Sugars 4g			
Protein 21g			
Vitamin A 70%		Vitamin C 15%	
Calcium 4%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Brown beef in kettle or oven.
Add first measure of water and seasonings to meat.
Cover and simmer until tender, about 2 hours. Add more water if necessary.
Cook vegetables until tender in small amount of water..
Mix flour and water until smooth. Stir into meat and cook until thickened.
Add vegetables and bring to 180 degrees F.

Serve 1-1 1/8 c. portion with 8 oz ladle. 1 portion = ~ 2 1/2 oz EP meat and 3/4 c (1 1/2 serv) vegetables.

21 g CH0 = 1 1/2 Carb servings

Notes

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.
IF WHOLE BAY LEAVES ARE USED BE SURE THEY ARE REMOVED BEFORE SERVING TO PREVENT CHOKING POTENTIAL.